



POTATOES, RED, FRESH

Date: April 2009

Code: F140, F141, F142, F143

PRODUCT DESCRIPTION

- Fresh red potatoes are U.S. No. 1 or better. Red potatoes have smooth, thin skins and are white inside.

PACK/YIELD

- F140: 3-pound bag (about 6 per bag)
- F141: 5-pound bag (about 10 per bag)
- F142: 10-pound bag (about 20 per bag)
- F143: 1-pound bag (about 2 per bag)
- 1 medium potato is about 1 cup cooked potato.

STORAGE

- Red potatoes should be stored in a cool, dry, dark place. Do not wash before storing.
- Do not put potatoes in light for long periods of time. Light will turn the outer skins green and cause a bitter flavor.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Rinse red potatoes well and rub skin to remove dirt; red potatoes have a thin skin so do not rub too hard.
- If a potato has begun to grow sprouts, cut off the sprouts before cooking. Cut off any skin that started to turn green.
- To boil: Cut potatoes (they can be peeled or unpeeled) into pieces and place in boiling water. Cook 15 to 20 minutes, and drain. If you are mashing potatoes after boiling them, they should be peeled first.
- To microwave: Use ½ cup of water per pound of potatoes and cook on high 6 to 8 minutes per pound.

USES AND TIPS

- Red potatoes are firm and best used in casseroles, soups, and salads. They can be boiled, steamed, and roasted.
- Mix red potatoes with oil, herbs, and spices and

bake in the oven; boil and use in potato salad; microwave and add your favorite topping like mixed vegetables, low-fat cheese or yogurt, or parmesan cheese.

NUTRITION INFORMATION

- 1 medium red potato counts as 1 cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- 1 medium red potato provides 16% of the daily recommended amount of fiber and 35% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Wash potatoes well before cooking.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 medium red potato (173g), baked with skin

Amount Per Serving

Calories	150	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	16%
Sugars 4g	
Protein 4g	

Vitamin A	0%	Vitamin C	35%
Calcium	2%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

GARLIC RED POTATOES**MAKES 6 SERVINGS****Ingredients**

- 2 pounds red potatoes, cleaned and cut into four pieces
- ¼ cup margarine, melted
- 1 tablespoon garlic, finely chopped
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 2 tablespoons Parmesan cheese, grated

Directions

1. Preheat oven to 350 degrees F.
2. Place potatoes in an 8x8-inch baking dish.
3. In a small bowl combine melted margarine, garlic, salt, and lemon juice; pour over potatoes and stir to coat.
4. Sprinkle Parmesan cheese over potatoes.
5. Bake, covered, for 30 minutes.
6. Uncover and bake an additional 10 minutes, or until golden brown.

Nutritional Information for 1 serving of Garlic Red Potatoes					
Calories	220	Cholesterol	0 mg	Sugar	2 g
Calories from Fat	80	Sodium	300 mg	Protein	4 g
Total Fat	9 g	Total Carbohydrate	30 g	Vitamin A	81 RAE
Saturated Fat	1.5 g	Dietary Fiber	3 g	Vitamin C	20 mg
				Calcium	33 mg
				Iron	1 mg

Recipe adapted from Allrecipes.com (submitted by mardi1030).

POTATO AND EGG SALAD**MAKES ABOUT 8 SERVINGS****Ingredients**

- 8 red potatoes, cleaned and cut into bite-size cubes
- 5 hard cooked eggs, cooled and chopped
- ½ cup onion (red or white), chopped
- ½ cup celery, chopped

Dressing

- ¾ cup mayonnaise
- 1 ½ tablespoons mustard (spicy or yellow)
- Black pepper to taste

Directions

1. Place cubed potatoes in a large saucepan; cover with water.
2. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes.
3. Drain and bring potatoes to room temperature (can place in the refrigerator for about 10 minutes).
4. Combine potatoes, egg, onion, and celery in a large bowl.
5. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

Nutrition Information for 1 serving Potato and Egg Salad					
Calories	280	Cholesterol	140 mg	Sugar	4 g
Calories from Fat	100	Sodium	310 mg	Protein	8 g
Total Fat	11 g	Total Carbohydrate	37 g	Vitamin A	56 RAE
Saturated Fat	2 g	Dietary Fiber	3 g	Vitamin C	22 mg
				Calcium	37 mg
				Iron	2 mg

Recipe adapted from Southernfood.about.com.